



MANEUVER CENTER OF EXCELLENCE HEALTH PROMOTION NEWSLETTER

May 2016

MCoE Health Promotion

Location:

McGinnis Wickam Hall
1 Karker Street, Suite 5022

Contact us:

disa.benning.conus.mbx.community-health-promotion@mail.mil
706-626-0809



[Benning/Community/Health](#)

May is National Melanoma Skin Cancer Prevention Month

Protect All the Skin You're In!

Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.

Every year, there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer.

Ultraviolet (UV) exposure is the most common cause of skin cancer. A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun's harmful UV rays.

In fact, fewer than 15% of men and fewer than 30% of women reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.

Many women report that they regularly use sunscreen on their faces but not on other exposed skin.

Choose sun protection strategies that work.

- Use broad spectrum sunscreen with SPF 15+ to protect any exposed skin.
- Seek shade, especially during midday hours.
- Wear a hat, sunglasses and other clothes to protect skin.
- Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off. Source: http://www.cdc.gov/cancer/skin/basic_info/protect_infographic.htm



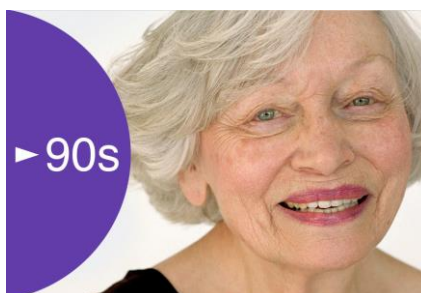
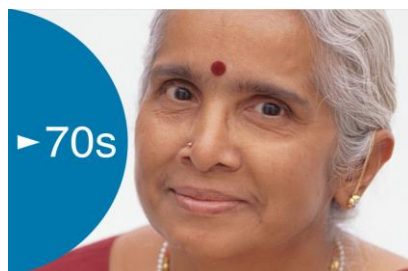
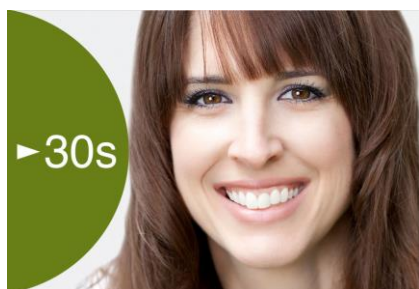
You can't
get your beauty
sleep in a
tanning bed



National Women's Health Week

May 8-14, 2016

Select your age group and find out what steps you can take for good health



Got Supplements?

What's in your supplement safety tool belt?



In the sea of dietary supplements, can you tell which ones are safe to take and which to avoid? Do you often find yourself confused, wondering what you should be looking for in a product? Operation Supplement Safety (OPSS) has you covered. Here are just some of the tools that OPSS provides to help you choose supplements wisely:

- [Frequently Asked Questions](#) (FAQs). HPRC receives hundreds of questions every year, and we've put answers to the most frequently asked questions in this section of OPSS. You'll find information about [banned substances in the military](#), hot-topic dietary supplement [ingredients](#), and more.
- [OPSS Scorecard](#). The scorecard consists of just 7 questions to show you what to look for on a product label and help you determine if a product is okay or a "no-go."
- [OPSS High-Risk Supplement List](#). With HRSL, you can see if a certain dietary supplement product might pose a health or sport anti-doping risk.
- [Natural Medicines Comprehensive Database](#). NMCD, a partner of HPRC, provides information about the safety and effectiveness of thousands of dietary supplement products and ingredients. And best of all, it's *free* to all DoD personnel with a ".mil" email address.

The goal of OPSS is to provide you with the most reliable and relevant information about dietary supplements, but if you can't find what you're looking for, send us a question using our [Ask the Expert](#) feature. <http://hprc-online.org/blog/what2019s-in-your-supplement-safety-tool-belt>

Surprisingly Healthy Fast Foods

If you MUST get take out you can keep it healthy!

McDonald's

- Premium Caesar Salad with Grilled Chicken and low-fat balsamic vinaigrette plus Fruit 'n Yogurt Parfait; 375 calories, 9.5g fat (4g saturated)
- Grilled Honey Mustard Snack Wrap plus small french fries; 480 calories, 19g fat (5g saturated)

Taco Bell

- Fresco Steak Burrito Supreme plus black beans; 430 calories, 10.5g fat (3g saturated)
- Fresco Chicken Soft Taco plus Pintos 'n' Cheese; 330 calories, 10.5g fat (4g saturated)

Dunkin' Donuts

- Egg White Veggie Wake-Up Wrap plus hash browns; 350 calories, 18g fat (4.5g saturated)
- Tuna Salad Sandwich on an English muffin; 390 calories, 23g fat (3.5g saturated)

Subway

- 6" Subway Club on 9-Grain Wheat Bread with lettuce, tomatoes, onions, green peppers, cucumbers, and Sweet Onion Sauce plus apple slices; 445 calories, 4.5g fat (1.5g saturated)
- Oven Roasted Chicken Salad with tomatoes, green peppers, onions, olives, and cucumbers with honey-mustard dressing plus Yogurt Parfait; 400 calories, 6g fat (1.5g saturated)

Starbucks

- Chicken & Hummus Bistro Box (hummus, grilled chicken, grape tomatoes, cucumber, and pita bread) plus a banana; 380 calories, 7g fat (1.2g saturated)
- Zesty Chicken & Black Bean Salad Bowl (grilled chicken, black beans, roasted corn, jicama, tomatoes, feta, greens, and quinoa with chile vinaigrette) plus Seasonal Harvest Fruit Blend; 450 calories, 15g fat (2.5g saturated)

Chipotle

- 3 Barbacoa (braised beef) Tacos on soft corn tortillas with lettuce and tomato salsa; 405 calories, 10g fat (2.5g saturated)
- Vegetarian Burrito Bowl with brown rice, black beans, fajita vegetables, lettuce, and roasted chili-corn salsa; 385 calories, 7g fat (1g saturated)

Burger King

- Whopper Jr. (no mayo) plus Value-Sized Onion Rings; 410 calories, 18g fat (5.5g saturated)
- Veggie Burger plus apple slices; 440 calories, 16g fat (2.5g saturated)

<http://www.fitnessmagazine.com/recipes/healthy-eating/on-the-go/healthy-fast-foods/>